

**A GREAT LUNCH TIME WORKOUT!**

# Water Aerobics

*Get in the swim! Aerobic, aquatic fun and fitness for all levels ages 17 and up.*



**Aquasize** is a fat-burning fitness workout that incorporates muscular, cardiovascular and aerobic conditioning. This 45-minute workout includes some rhythmic activities, muscle strengthening and toning ...all while you're having fun, too. This is a shallow water activity recommended for all levels ages 17 and over.

**Instructor Michelle Lubran** combines her aquatic experience with her knowledge of dance, aerobic, kick-boxing and synchronized swimming expertise. Trained in new and traditional aspects of aquatics, her class incorporates a variety of exercises in a fun and encouraging environment. Before her debut at Los Baños, she taught aqua-aerobics classes at YMCA's in the Los Angeles area and was an athletic trainer. Come to her exciting class and get motivated to achieve the fitness you have always wanted!

**When:** Monday, Wednesday, Friday from 12:15-1pm. Class will continue through December 10.

**Fee:** Drop-in: \$7/\$6 with Resident Discount Card or buy a 12 class pass: \$70/\$58 with RDC

**To register: Sign up at  
Los Baños Pool  
401 Shoreline Drive  
Santa Barbara**

**For more information, call 966-6110**



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